##The ridge gourd has some amazing health benefits and is a great source of medicinal properties. Some of the health benefits are listed below.

•             Ridge gourd is extremely rich in dietary fibre and enriched with all the vital elements that include Vitamin-C, zinc, iron, riboflavin, magnesium, thiamine and traces of another minerals.

•             It is low in saturated fat, cholesterol and calories that aids in weight loss.

•             Ridge gourd contains good amount of cellulose and high in water content that helps to relieve from constipation.

•             It contains insulin like peptides and alkaloids that helps to reduce the sugar levels in the blood and urine.

•             It is high in beta-carotene which is good for enhancing eye sight.

•             Ridge gourd acts effective in purifying blood. It boosts up and nourishes the liver health and protects the liver from alcohol intoxication.

•             Ridge gourd juice is used to heal jaundice and to strengthen your immune system against any infection.

•             It is good for skin care, as the blood purifying qualities in it ensures you to stay clear from pimples and acne.

•             Ridge gourd helps to manage acidity as well as ulcers. It is well known as a cooling agent and aids in handling burning sensation during urination.